



*A gentle landing place where
love-light, curiosity and awareness
blend to inspire spiritual growth.*

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

--Melody Beattie

Reflection Questions

How often do you offer gratitude each day?

In this very moment, what are you grateful for? Aim to list 5 things.

*Ann Ruane, Certified Energy & Crystal Healer
Helping you shift perceptions, inspire curiosity and guide transformation from the inside out.*